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|  **Day Opportunities Daily Planner** Happy Nowruz Week (Persian New Year) Date 18/03/2025 |
| **Time** | **Activity** |  |
| **10:00 – 11:00** |  **Tea & Coffee Morning**  |  |
| **11:00 – 12:00** | **Group 1** **Baking a birthday cake**  **with**  | **Group 2** **Senior Singalong** **with Jenny** |  |
| **12:00 - 12:30** | **Group 1** **Seated Yoga** **with** | **Group 2****Cognitive stimulation** **with** |  |
| **12:30 - 13:30** | **Lunch** |  |
|  **13:30 - 14:30** | **Group 1** **Fun fact about Persian New Year** **& Quiz with**  | **Group 2** **Making a brooch or hair clip** **with** |  |
|  **14:30 - 15:00** |  **Birthday celebration/ multicultural songs** |  |